

Menu - Week Four

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	A variety of cereals and wholemeal toast rice Krispies, Cornflakes, Weetabix, served with milk. Milk or water to drink.	A variety of cereals and wholemeal toast Rice Krispies, Cornflakes, Weetabix, served with milk. Milk or water to drink.	A variety of cereals and wholemeal toast Rice Krispies, Cornflakes, Weetabix, served with milk. Milk or water to drink.	A variety of cereals and wholemeal toast Rice Krispies, Cornflakes, Weetabix, served with milk. Milk or water to drink.	A variety of cereals and wholemeal toast Rice Krispies, Cornflakes, Weetabix, served with milk. Milk or water to drink.
LUNCH	Thai chicken Curry with rice and plain poppadoms. Fresh fruit.	Salmon and broccoli bake with mixed vegetables. Summer fruit cheese cake.	Cottage pie with seasonal vegetables. Fruit salad.	Fusilli with tomato and lentil sauce with French stick. Peach crumble and Ice-cream.	Vegetable lasagne with garlic bread. Natural yoghurt with fruit puree.
VEGETARIAN OPTION	Thai vegetable Curry with rice and plain poppadoms. Fresh fruit.	Cheese and broccoli bake with mixed vegetables. Summer fruit cheese cake.	Quorn cottage pie with seasonal vegetables. Fruit salad.	Fusilli with tomato and lentil sauce with French stick. Peach crumble and Ice-cream.	Vegetable lasagne with garlic bread. Natural yoghurt with fruit puree.
TEA	Beans on toast. Banana and apple slices.	Filled omelette. Apricot bars.	Risotto with peas & carrots. Yoghurt.	Tuna pasta salad Carrot and raisin muffins.	Crumpets with cream cheese and cucumber slices. Fruity flap jacks.